

Qigong Secrets



The Progress Tracker

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There is a saying that:

“What can’t be measured, can’t be managed”

And I agree whole heartedly. The practice of Qigong is not something you do and then have faith that it’s going to work. Qigong practiced properly does work, but the improvements and changes are often gradual.

For example, every time my son goes to visit his Nottingham relatives, they always comment on how much he’s grown since the last time they saw him. Now my wife and I don’t notice this change because we see him every day.

And it’s the same with Qigong. I recall years ago when I first started my practice of Qigong thinking that nothing was happening. And then my wife just happened to mention one meal time:

“Marcus, I don’t know what it is, but you’re just
so much nicer to be around these days.
Calmer, less angry and volatile...”

This is where the progress chart earns its weight in gold. I was so impressed with this tool the first time I saw it that I immediately gave it to (and continue to) all of my students.

Plotting your progress on this chart you will begin to see improvements. Improvements which if you weren’t tracking them, you could easily overlook.

So make sure you get into the habit of filling it in each and every week. If you do, something wonderful starts to happen. As you see the progress you are making you get more excited about your practice. And the more excited about your practice you become the more progress you’ll make. It’s a lovely upward spiral.

But only if you do it!

I’ve added a list of areas that students usually want to track, but there is space at the bottom of the ‘ailments’ column for you to add your own specific areas you want to track.

Happy tracking!

Qigong15 Progress Chart

Instructions: Remember to complete weekly. Preferably on the same day each week. I've filled in some of the common areas that people want to track but there is space in the 'ailments' column for you to add your own specific areas you want to track.

	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12
Ability to cope with stress												
Ability to enjoy food												
Ability to shrug off hassles												
Ability to enjoy daily life												
Afternoon energy levels												
Ability to cope with Anxiety												
Appetite												
Athletic performance												
Bowel regularity												
Ability to cope with Chronic pain												
Concentration levels												
Ability to cope with Depression												
Ability to cope with Emotional unrest												
Ability to cope with Fatigue												
Feelings of Self Worth												
Immunity to colds & flu												
Ability to cope with Menstrual Pain												
Morning energy levels												
Productivity at work												
Recovery from colds & flu												
Sexual fulfillment												
Sleep quality												
Spiritual fulfillment												
Ability to cope with worrying/thinking too much												
Zest for life												

Mark each category on a scale of 1 to 10 (1 = the worst you can imagine; 10 = the best you can imagine). When in doubt, start with a 5.

Qigong15 Progress Chart

	WK13	WK14	WK15	WK16	WK17	WK18	WK19	WK20	WK21	WK22
Ability to cope with stress										
Ability to enjoy food										
Ability to shrug off hassles										
Ability to enjoy daily life										
Afternoon energy levels										
Ability to cope with Anxiety										
Appetite										
Athletic performance										
Bowel regularity										
Ability to cope with Chronic pain										
Concentration levels										
Ability to cope with Depression										
Ability to cope with Emotional unrest										
Ability to cope with Fatigue										
Feelings of Self Worth										
Immunity to colds & flu										
Ability to cope with Menstrual Pain										
Morning energy levels										
Productivity at work										
Recovery from colds & flu										
Sexual fulfillment										
Sleep quality										
Spiritual fulfillment										
Ability to cope with worrying/thinking to much										
Zest for life										

Mark each category on a scale of 1 to 10 (1 = the worst you can imagine; 10 = the best you can imagine). When in doubt, start with a 5.